



Sprout Media Pack

Thanks for asking Sprout to be a part of your upcoming event! Sometimes we're asked for a bit of extra information or photographs to include in promotional material, so here's everything you need!

Most importantly the Sprout team is made up of an unbelievably fantastic team of cooks, foodies and health professionals, and we'll always be sure to send the best team possible to your event. Naturally, Themis and Callum can't attend them all, so (particularly if you are selling tickets), it's best to simply refer to us as *"the team from Sprout"* or *"Sprout Cooking School & Health Studio"*.

SOCIAL LOVE

If promoting your event on social media, please use **#sproutadl** and don't forget to tag us so that we can help spread the word about your event too!



@SproutADL



@SproutADL



@SproutADL

PHOTOGRAPHS & LOGOS

Official photographs and logos can be downloaded at sprout.edu.au/media
Please forward all promotional proofs to sprout@sprout.edu.au for approval

ABOUT SPROUT

Sprout is a food education centre. We believe that food is more than fuel and nutrients. We believe food defines cultures, is used to show appreciation, is fun and nourishing and brings people together. Our mission is simple, to inspire everyday Australians to enjoy fresh, healthy and delicious food every day.

Sprout was established in 2011 by Themis Chryssidis and Callum Hann, as an interactive cooking school. In 2014 Sprout relocated to their purpose-built kitchen facility in Hilton, just West of the Adelaide CBD and in 2015 established Sprout Health Studio at the same location and Sprout Training in 2017.

Sprout cooking school is a 100% hands-on cooking school that aims to equip every day Australians with the skills and knowledge required to cook and enjoy fresh healthy food and in turn live a healthy life. Sprout cooking school is one of the largest cooking education facilities in Australia.

Sprout Health Studio is comprised of a group of likeminded and inspiring Accredited Practising Dietitians dedicated to helping individuals regain control of their health through their diet. Sprout Health Studio is dedicated to helping you achieve real, sustainable and positive health changes.

Sprout Training is a registered training organisation established to educate food services around Australia or anyone handling food about how to manage dietary requirements.

In 2016 Themis and Callum co-authored their first joint cookbook [*Quick. Easy. Healthy.*](#) which is packed with simple delicious and nutritious recipes that have proved a hit at Sprout cooking classes.

A note on *MasterChef*

While we all love watching Callum on *MasterChef*, Callum is not affiliated with the show, and these days he is busy focusing on Sprout and his presenting role on Channel Seven's *SA Weekender*. Callum very kindly asks that you do not refer to him as "Callum from MasterChef" in your promotional material. Thanks!